

Jontee

BEAUTY COMPACTS

50¢

Perfumed with the Wonderful New Color of 26 Flowers

FACE POWDER in its handiest, most economical form. Dainty cakes of Face Powder Jontee in charming little boxes that slip into your handbag. No spilling—no waste. Exquisite shades—to match all complexions. Complete with puff, too.

CHAS. H. HOWARD CO.
THE REXALL STORE
SOUTH PARIS, MAINE

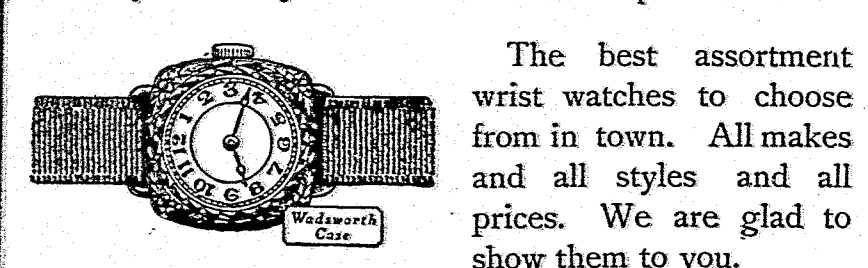
The Best Advertisement

Is a satisfied customer. Read what Miss Benjamin Leonard of Lincolnville, says about the True "L.P." (Lind's Patent) medicine. "I have used your medicine and have induced my neighbors to use it. I am perfectly willing for you to publish this statement. There are many others who feel the same way about our remedy. Do you ever suffer from biliousness, constipation or sick headache? Get a 50-cent bottle and wait for the next attack." L.P. Medicine Co., Portland, Me.

SEND US YOUR Jewelry and Watch Repairing

Ladies' Wrist Watches a Specialty

We do the work, don't have to send your work out of town. For thirty-six years we have pleased others. We can please you. Send us your work by mail. Same will receive special attention.



The best assortment wrist watches to choose from in town. All makes and all styles and all prices. We are glad to show them to you.

Dealer in Hamilton, Waltham, Elgin, Illinois, Howard, Hampden and Swiss. Our prices are lowest. Come in and see whether you buy or not.

The Hills Jewelry Store

B. L. HUTCHINS, Proprietor
Watchmaker and Jeweler
Grand Trunk Watch Inspector
Correct Time by Wireless from Washington, D. C.
185 Main Street, Opera House Block. Phone 120-2.
NORWAY, MAINE

"Listen, son: Some folks call this whittlin' tobacco old-fashioned, but they don't know where the honey is!"

It Keeps Fresh!

Each cutis double-wrapped; first in heavy tin foil, then in air-tight, dust-proof glassine paper.

EVERY DAY SMOKE

3-cube size

Light & Myers Tobacco Co.

HOMEMAKERS' COLUMN.

Correspondence on topics of interest to the ladies is solicited. Address: Editor HOMEMAKERS' COLUMN, Oxford, Me. South Paris, Me.

"Do Your Feet Hurt?"

(By Robert Lyman.)

Do they make you miserable? Do they make you wish you could stay at home and keep off them—chuck work and play—anything that keeps you standing on them?

Then, when you humor them and do stay away from things, do they surprise and disappoint you by continuing to hurt?

It's a miserable feeling, all right. And it's pretty safe to suppose that they hurt most in the summer. Of course, it's easy enough to blame it on the weather—but to sigh and say, "Well, everybody's feet hurt in the summer time."

But coming to that universal conclusion doesn't get us any place—it doesn't rid us of the trouble. Besides, it isn't true. Everybody's feet do not hurt in the summer time. Only those who eat too much.

Why, says some one, that would be equal to saying that nine out of ten guilty of eating too much. And though most people will agree that the matter of eating is second only to the matter of weather, as a popular conversational topic, yet they would naturally object to being included among those vulgarities who "stuff themselves."

Nevertheless, the majority of us do eat too much. Not necessarily to great amount of food, but too much of the wrong kind. Too much winter food in the summer.

In the winter we eat eggs, cereals, milk, nuts, cheese, pastries, soups, desserts, dried, canned and preserved fruits and vegetables, and all kinds of meat and fish—these, in addition to what fresh vegetables and citrus fruits can be got in most of our markets. These things, and not the things that predominate in the summer, are with some exceptions, highly concentrated, heat-producing foods. Many of our things in moderate quantity are just what we need during the cold days of winter, but when we eat them in quantities—just as we do in the spring days—these things, which we need in winter, become things that we do not need in spring.

Some people will insist that this is all hokum. "Food," says the Englishman, "is food. It is not attention to diet—eat whatever you please, regardless of the season." But the only flaw in the statement of this argument is that they are the very people who do the most complaining.

And, since there is no necessity for all this misery, why shouldn't we look for a way out—the easiest and best way out? For with the spring and summer comes an endless variety of fresh fruits and vegetables—blood-cooling, nerve-soothing, system-cleansing foods—Nature's simple and pleasant prescriptions for the ailments of the season. Many of our things in moderate quantity are just what we need during the cold days of winter, but when we eat them in quantities—just as we do in the spring days—these things, which we need in winter, become things that we do not need in spring.

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you have anything the matter with you, it may pay you to compare the butcher's bill with the fruit-vendor's. Do a little experimenting. Do you have high blood pressure, do you have headaches, do you feel nervous?

Do your feet hurt?

They do? Then it's quite probable you are eating too much—too much meat—more than your body needs. Do "keep cool" doing it. Especially, along with regulation potatoes, bread, cereals, rice, pasta, or a little of some meat-substitute (dried beans, for example, since it is a starchy food with a good percentage of protein value), followed by one, two or three—according to how hungry your day's activities have made you—of these excellent vegetables, a green salad—and sometimes a light dessert, make a generous enough dinner. It is a healthy dinner—and it allows for plenty of variety. Not only that, it takes less time and money to prepare. It is, finally, and best of all, your feet will not be bothering you.

Some one might say, "So-and-so's feet trouble him, and he's a vegetarian." This would seem to prove, then, that it isn't meat that causes overheated blood, after all. And it isn't entirely. It's just as apt to be the much starchier, heavier, less digestible, less healthful, less pleasant as stuff themselves as much as—and often more than—the "chop-locked" meat-eater. The same is true of beans, lentils and peas, tomato, potatoes, rice, pasta, bread, soups and gravies—break on out only to point out the same thing, the tendency is to use a good deal of sugar with these things—and starch and sugar just will ferment and provide you with an ill-lit stomach, regardless of where you stand on the prohibition of meat. The white sugar of the sugar contributes to all this unpleasantness, since the refining process, especially when it comes to cane sugar, sugar's natural mineral elements. The inevitable follows—rheumatism, catarrh, indigestion, and the like. The body has a tendency to follow the predisposition of the food. If the food is bad, the body will consider that sufficient warning, and not add anything to the punishment. But whatever your outlet is—from wrong eating—you'll have to, eventually, your own doctor, if you want to be cured.

To be sure, it may be partly a matter of nerves. Some people are nervous, nervous-racking, too tight, too loose, in the winter will require just as many as in the summer. The nerves, however, the kind of work you do is partly responsible. It may be—in the case of some persons—that their feet do not receive proper attention. They may be wearing feet—like hands—respond to good care. Callouses and nails need trimming, toes need drying between the toes need strengthening through use. One of the benefits of living on the coast is that people who get the most of their life on the beach, give their feet frequent sun and air baths. By way of a simple and pleasant prescription for the ailments of the season. Many of our things in moderate quantity are just what we need during the cold days of winter, but when we eat them in quantities—just as we do in the spring days—these things, which we need in winter, become things that we do not need in spring.

WONDERS OF AMERICA

By T. T. MAXEY

Western Newspaper Union.

THE NEW YORK AQUARIUM

BATTERY PARK, at the foot of Broadway holds what is our largest aquarium. It contains 100 tanks and seven floor pools and is equipped so that sea water may be heated in winter (for tropical fish) and fresh water cooled in summer.

In form, the building has a unique history. It is 205 feet in diameter, erected in 1897 as a fort. Lafayette was received here in 1824 and Jenny Lind sang here in 1850. For thirty-five years it was an immigrant receiving station—almost 800,000 of them having passed through its doors.

The character of the exhibit necessarily varies somewhat with the seasons. About 850 different kinds of fresh-water and marine fish have been shown. The average exhibit covers about 200 tanks and floor pools. Among the most peculiar varieties are the sea-horse, said to be the only fish having a tail used for grasping purposes; the thread fish, having fine rays which extend a length several times that of the fish itself; the Nassau grouper which can change its color eight times in as many minutes; the puffer which has the power to inflate itself with air and float and the sucking disk on top of the head and attaches itself to the glass front or side of the tank, from which it can be loosened only with difficulty.

Farmers, Attention!

Am taking orders now for spraying materials. If you want good prices for apples you have got to spray. The best line carried.

Also have on hand Sp. Buckets, Syrup Cans and Spiles.

Good trade in Armour's Butter-milk and Borax Soap.

20 Cakes for \$1.00.

N. A. CUMMINGS

General Merchandise
PARIS, MAINE

Insurance Company of North America.

ASSETS DEC. 31, 1921.

Real Estate	\$ 785,000.00
Mortgage Loans	8,074.75
Stocks and Bonds	74,429.49
Loans to Officers and Agents	2,143,729.41
Accounts Receivable	4,180,728.08
Prepaid Insurance	120,147.31
Interest and Dividends	295,641.01
All Other Assets	545,606.22
Gross Assets	\$14,400,518.00
Deduct Items not admitted	1,169,493.79
Admitted Assets	\$13,231,024.21

LIABILITIES DEC. 31, 1921.

Unpaid Losses	\$ 9,335,048.69
Unpaid Premiums	214,246.01
Unpaid Claims	10,040.46
Capital and Reserve	3,000,000.00
Surplus over all Liabilities	12,895,736.05
Total Liabilities and Surplus	\$13,231,024.21

Represented in Oxford County by
Stuart W. Goodwin, Norway, Maine.
Rumford Falls Insurance Agency
Rumford Falls, Maine.
James A. Reynolds, Canton, Maine.

FOR SALE.

I have for sale a Ford touring car that has been run two seasons; in excellent condition with nearly new tires. Also a two-horse wagon with two bodies, long and short, and hay rack. This rig is as good as new.

H. L. SCRIBNER
12-15 Paris Hill.

Bank Book Lost.

Notice having been given this Bank as required by law that deposit book number 2184 (issued to F. F. Palmer) has been lost or destroyed and that all deposits made in the book after the date of this notice are hereby notified that the bank is not responsible for the same. The bank is not responsible for the same. The bank is not responsible for the same.

By MORTON P. GARLAND, Manager.
11-13

House For Sale.

2 story 7 room house, nearly new, pleasantly located. Price \$2,800.

For sale by
L. A. BROOKS,
Real Estate Dealer, office to Market Square, South Paris, Me.

Bank Books Lost.

Notice having been given this Bank as required by law that deposit book number 1023, 1031 (issued to F. F. Palmer) has been lost or destroyed and that all deposits made in the book after the date of this notice are hereby notified that the bank is not responsible for the same. The bank is not responsible for the same. The bank is not responsible for the same.

By MORTON P. GARLAND, Manager.
11-13

House For Sale.

2 story 7 room house, nearly new, pleasantly located. Price \$2,800.

For sale by
L. A. BROOKS,
Real Estate Dealer, office to Market Square, South Paris, Me.

How Firestone Has Reduced the Cost of Tire Service

Size	Jan. 1921 Prices	Jan. 1922 Prices	Reduction
30 x 3 Fabric	\$18.75	\$ 9.85	47%
30 x 3 1/2 "	22.50	11.65	48%
30 x 3 3/4 Cord	35.75	17.50	51%
32 x 4 "	56.55	32.40	43%
33 x 4 1/2 "	67.00	42.85	36%
33 x 5 "	81.50	52.15	36%

HOW the cost of building quality tires has been brought down to the lowest level in history was explained by H. S. Firestone, President of the Company, to the stockholders at the annual meeting on December 15, 1921.

1. All inventories and commitments at or below the market.
2. Increased manufacturing efficiency and volume production reduced factory overhead 53%.
3. Selling costs reduced 38%.

Mr. Firestone stated, "This reduction in prices is made possible by our unusually advantageous buying facilities, and the enthusiasm, loyalty and determination of our 100% stockholding organization."

"Due credit must be given to Firestone dealers who are selling Firestone tires on a smaller margin of profit. This brings every Firestone saving direct to the car-owner."

The saving through first cost plus the saving through high mileage doubles Firestone economy and is daily adding new fame to the Firestone principle of service—

Most Miles per Dollar

Firestone

Ripley & Fletcher, South Paris, Maine.
H. S. Maxim, Norway, Maine.

THE BANK OF SAFETY AND SERVICE

Choose a Bank That Has CHARACTER

Is Conservative—Gives Service
This Bank Is Striving to Meet These Requirements.

COME IN AND TALK IT OVER
THERE'S A WELCOME TOO

Paris Trust Co.
South Paris and Buckfield, Maine

1922.

This is the year to build, and NOW is the time to place your order for Concrete Blocks, and have them ready when you want them, or better still, give us the size of your foundation and we will do the whole job ready for the sills.

A. W. Walker & Son
SOUTH PARIS, HILLS
Registered and Optometrist and Optician

185 Main Street, Norway, Maine.
Look for the "Clock in the steeple."

Wall Paper Sale

Last year's patterns will be placed on sale at our store

Wednesday Morning, March 22, 1922.

... AT ...
40 per cent Discount

Sale will continue until the lots are sold. Earliest comers will get the best choice.

OUR NEW LINE

of Wall Papers, selected from the leading manufacturers, is now ready for your inspection. All of the new styles are featured and the prices are lower than those of last season. We have recently enlarged this department and we shall be glad to welcome you in our new surroundings.

Brooms and Brushes!

Spring house cleaning is on us again, bringing its usual company of sorrows and joys.

Make it easy by getting new and efficient tools.

Brooms, all weights and prices.
Brushes of every kind.
O-Cedar Mops, Scrub Brushes, Dusters, Scouring Soaps and Powders, Polishes, Floor Wax, Paints and Varnishes.

N. DAYTON BOLSTER & CO.
SOUTH PARIS, ME.

DODGE BROTHERS

Announce a Substantial Reduction in the Price of their Cars—Not Delivered

Touring	\$ 965.00
Roadster	930.00
Sedan	1555.00
Coupe	1395.00
Screen	950.00
Panel	1060.00

COLE & DURGIN, South Paris, Maine.

Plants in Bloom!

CUT FLOWERS
Funeral Work a Specialty

E. P. CROCKETT, Florist
Greenhouse, Porter Street, South Paris
Tel. 111-3

VOLUME

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Attorneys at Law
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Address: E. Herick.
A. L. BERT D. PARK.
Licensed Auctioneer
SOUTH PARIS, Maine
Terms Moderate.

DR. MARGUERITE ST. OSTEOPATH
Wednesday 10 a. m. to Thurs
Noyes Block, Norway, Me.
Telephone 70.
Appointments can be made by Tel.

L. M. Longley
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Plumbing, Heating, Sheet Metal Work
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NORWAY, Me.
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Dealer in Real Estate
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RALPH R. BU
Plumbing, Heating,
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South Paris, -
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L. S. BILL

MANUFACTURER OF AND D
Red Cedar and Spruce
boards, New Brunswick
Shingles, North Carol
Flooring and S
Paroid Roofing, Wal
Apple Barrel Heads.
LUMBER OF ALL
South Paris, -

Good Road Machinery Co.

BOSTON, MA
Everything for the Ro
Makers of the "Amer
pion," "Climax" and "W
Road Machines, Road Dr
Iron and Corrugated Met
Factories, Marathon, N.
Square Pa., Grotton, N.
Best branch
parts and a large stock
that's service to you.
Catalogues and prices,
maintaining instructions
furnished.

Chas. W. B

Office rear Post
South Paris, Me.

Roland F

of Kingrie
is employed at the H
Barber Shop, mas
barbers.

No More Long
10-17

House For S
Two and one-half stor
finished rooms. Cha
rents. Stable 24 x 6
house. Chance for g
lawn and driveway.
C. M. MARR
7th

STATE OF MAINE

Taken this 17th day of March, 1922, in the County of Oxford, Maine, before me, the undersigned, a Justice of the Peace, there appeared the following named parties, to-wit: [Names], who being duly sworn, depose and say that the foregoing is a true and correct copy of the [document], and that the same was read to and by them, and that they understand the contents thereof, and that they execute the same for the purposes and to the effect therein expressed.

Witness my hand and the seal of my office, this 17th day of March, 1922, at [location].

JOHN A. [Name], Justice of the Peace.

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